



# INNOVATIVE MODELS IN SHARED LIVING AND FAMILY SUPPORT

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Division of Disability and Rehabilitative Services

# Outline

- Introduction: Indiana CIH Waiver
- Overview: Residential living models and services used in other states
- Oregon
- Connecticut
- Massachusetts
- Tennessee
- New Mexico
- Arizona

# Indiana CIH Waiver

- Goal: to understand how other states support waiver participants to live on their own or with their families
- The current Indiana CIH Waiver includes Family and Caregiver Training and Structured Family Caregiving services

# What are other states doing?

- Across the country, states are employing various service models to support families when their son, daughter, brother or sister with a disability wishes to continue to live at home with their family
- States also have developed other service models to support people in small, integrated residential settings
- Examples of the services include:
  - Family education
  - Live-in companions and companion supports
  - In-home supports
  - Shared living arrangements

# Oregon

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# Support Models: Oregon

- Service: Family Training
- Scope:
  - Provides instruction related to:
    - Performing daily activities included in the service plan,
    - Use of specialized or adaptive equipment; and
    - Developing the skills needed to provide appropriate support for the waiver participant

# Support Models: Oregon

- Service: Family Training (continued)
- Limitations
  - May not duplicate other services
  - Conferences and workshops must be pre-approved
  - Applies to family members of waiver participants through blood, marriage, legal adoption or domestic relationship

# Connecticut

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# Support Models: Connecticut

- Service: Live-In Companion
- Scope:
  - Provides funding to cover the additional costs of rent and food that can be reasonably attributed to an in-home service provider who lives in the same home
  - Applies to participants living with unrelated caregivers

# Support Models: Connecticut

- Service: Live-In Companion (continued)
- Limitations:
  - Service is not available to participants living in someone else's home or in a residence owned by a Medicaid provider

# Support Models: Connecticut

- Service: Companion Supports
- Scope:
  - Provides assistance with meals and activities of daily living incidental to the support/supervision of a waiver participant
  - May be provided on a short-term basis for temporary support providers

# Support Models: Connecticut

- Service: Companion Supports (continued)
- Limitations:
  - May not be provided with some other services such as Day Supports or Residential Supports
  - Limited to the waiver participant's own home and community

# Support Models: Connecticut

- Service: Shared Living
- Scope:
  - Matches a waiver participant with a Shared Living provider
  - Includes skill development, assistance with Activities of Daily Living and connections to community resources

# Support Models: Connecticut

- Service: Shared Living (continued)
- Limitations:
  - Provider must complete a prior approval process
  - Service is limited to the waiver participant's home
  - Participants must have the opportunity to be the lessee of the living setting; and
  - The waiver participant has the same protection rights as do all renters in Connecticut

# Support Models: Connecticut

- Service: Individualized Home Supports
- Scope:
  - Provides the waiver participant assistance with the acquisition, improvement and retention of daily living skills
  - Services may be delivered in the waiver participant's home or in the community

# Support Models: Connecticut

- Service: Individualized Home Supports (continued)
- Limitations:
  - May not be provided at the same time as services such as day supports, employment supports, residential supports, respite, etc.



# Massachusetts

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# Support Models: Massachusetts

- Service: Individualized Home Supports
- Scope:
  - Provides the support necessary for the waiver participant to establish, live in and maintain on an ongoing basis a household of their choosing
  - Services are designed to assist the waiver participant in acquisition, retention and improvement of skills related to daily living tasks, self-determination and self-advocacy

# Support Models: Massachusetts

- Service: Individualized Home Supports (continued)
- Limitations:
  - Excludes room and board, building maintenance costs
  - Not available to waiver participants living in group home settings, placement services or individuals receiving self-directed 24 hour supports

# Support Models: Massachusetts

- Service: Live-in Caregiver
- Scope:
  - Provides for payment of additional costs of rent and food that can be attributed to a support provider who lives with a waiver participant.
  - The live-in caregiver may provide up to 40 hours per week of direct service, including adult-companion, individualized home support, individual supported employment or individualized day support

# Support Models: Massachusetts

- Service: Live-in Caregiver (continued)
- Limitations:
  - The live-in must be self-directed and paid through a fiscal intermediary and may not be related by blood or marriage
  - The live-in caregiver under this service may not be employed by a waiver services provider

# Support Models: Massachusetts

- Service: Family Training
- Scope:
  - Provides training and instruction to family members on how to perform activities of daily living such as health care needs, behavior plans, and the use of specialized adaptive equipment or technology
  - Training may be provided in a small group format or one-on-one
  - Service may be self-directed

# Support Models: Massachusetts

- Service: Family Training (continued)
- Limitations:
  - “Family is defined as the persons who lives with or provides care to a waiver participant. It does not include individuals who are employed as direct service providers.
  - Training is not available in residential or habilitation sites (state/provider owned or provider operated)

# Support Models: Massachusetts

- Service: Shared Living
- Scope:
  - A waiver participant is matched with an individual or family that has been recruited, screened, trained and receives ongoing support from a qualified provider agency
  - Families participate in the matching process to encourage long-term planning and to enhance relationships with the live-in provider



# Support Models: Massachusetts

- Service: Shared Living
- Scope (continued):
  - A qualified provider can offer consultation to agencies wishing to provide Shared Living services for the first time or for agencies wishing to expand their service offerings to include Shared Living
  - A qualified provider may provide shared living for one waiver participant and Adult Family Care services for a different waiver participant; however, the number of waiver participants in the home may not exceed 3 people

# Support Models: Massachusetts

- Service: Shared Living (continued)
- Limitations:
  - A shared living provider may be friends or a family member of the waiver participant, however all providers must receive prior approval and receive training to be matched with a waiver participants
  - Shared living providers may not be the parents or spouse of the waiver participant; however, siblings and other relatives may serve as the shared living provider

# Tennessee

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# Support Models: Tennessee

- Service: Supported Living
- Scope:
  - The waiver participant lives in a home that they own or lease themselves
  - Provides supports to assist the person to live independently within their community

# Support Models: Tennessee

- Service: Supported Living (continued)
- Scope:
  - Examples services include assistance with activities of daily living, household chores, budgeting assistance and interpersonal skill-building
  - Reimbursement for Supported Living is available for a reasonable portion attributed to a live-in caregiver who is unrelated to the waiver participant, and who provides services. Residential expenses such as phone, cable, food and rent may be apportioned between the waiver participant, live-in provider and other residents of the home

# Support Models: Tennessee

- Service: Supported Living (continued)
- Limitations:
  - The Supported Living provider may not own the home
  - No more than three individuals may live in a home, including the waiver participant
  - Homes must pass housing inspection

# Support Models: Tennessee

- Service: Supported Living (continued)
- Limitations:
  - Waiver participants receiving Supported Living are not eligible to receive Personal Assistance or Respite services
  - Family and friends providing services must be approved by the waiver participant or their conservator

# Support Models: Tennessee

- Service: Semi-Independent Living
- Scope:
  - Services are selected by the waiver participant and include: support independent living, such as money management training, meal preparation, shopping and interpersonal skills-building
  - Appropriate for a person needing intermittent or limited support to live independently, and to have access to emergency supports as needed
  - The waiver participant may choose to live alone or with one or two other people who are receiving support



# Support Models: Tennessee

- Service: Semi-Independent Living (continued)
- Limitations:
  - A waiver participant receiving Semi-Independent Living Services is not eligible to receive Personal Assistance, Respite or Transportation as separate services
  - Providers may not own the residence or be the co-signer of the lease, unless a written agreement is signed to ensure that the person being supported will not be required to move if they wish to select a new/different provider.
  - A minimum of two face-to-face direct service monitoring visits are required to be performed. Providers must be available to the waiver participant on a 24-hour basis.

# New Mexico

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# Support Models: New Mexico

- Service: In-home Supports
- Scope:
  - Services are provided in the waiver participant's home to enhance living skills and address health and safety
  - Examples of services and supports include assistance with activities of daily living and assistance with the acquisition, restoration and retention of independent living skills
  - In-home living providers must provide services on a regular basis and assure 24-hour availability
- Limitations:
  - Cannot exceed 340 days per Individualized Service Planning year

# Support Models: New Mexico

- Service: Personal Support
- Scope:
  - Provides companionship for a person in acquiring interpersonal skills and accomplishing tasks for independent living
- Limitations:
  - Service utilization may not exceed the individual's budget allocation

# Arizona

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# Support Models: Arizona

- Information taken from the 1115 Waiver application which is pending CMS approval
- Settings:
  - Allows services in settings to include Adult Foster Care
  - Allows waiver participants to remain in their homes with spouses serving as paid caregivers

# Other Ideas...

- • **Shared Living:** A residential alternative to a waiver home or other “staffed” models of support.
- • **Host Home:** A form of Shared Living, in which support is provided in the caregiver’s home (independent contractor model).
- • **Companion Program:** A form of Shared Living, in which support is provided in the consumer’s home, or a shared home (employment model).

# Discussion

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